

benefit
options
wellness!
Be Well Stay Well.

Dear ADOA employee,

Welcome and thank you for participating in **The Great ADOA Weight-Off!** You are on the road to wellness! We commend you for taking this vital step toward better health. The Wellness team is here to help you lose weight and feel better in mind, body and spirit in just 10 weeks! **The Great ADOA Weight-Off takes place March 11 to May 18, 2005, ending just in time for Employee Health and Fitness Day.**

The purpose of this exciting challenge is to have fun and lose weight in the process. We will get together before and after this program to take pictures and weigh our group on a truck scale. That means you must commit to being here for both group weigh-ins. The Wellness team will be available to weigh participants in the Wellness library throughout the 10 weeks. All employee information including weight will be kept confidential. We encourage each of you to stop by on a regular basis (once a week) to check your progress. At that time, our Wellness team will be available for individual coaching and support. Don't forget to support your team members in this endeavor and hold each other accountable. We are doing this as a group and should try our best to encourage each other.

Our hope is that your involvement in this weight-loss effort will have a lasting positive effect on your overall health. During the length of the program, you will have an opportunity to improve your health behaviors and choices. You'll learn the importance of healthy weight loss—that means losing weight gradually and adding regular physical fitness to your routine. Not only will you acquire tools and knowledge that you can use for a lifetime; you'll be eligible to enter weekly random drawings for great prizes just for stopping by our office to check your progress every week! It's easy to get started:

1. **Turn in your registration form (included with this letter) by the deadline—Friday, March 11, 2005 at Noon.** You may deliver your registration form in person, via email, or by inter-office mail to the Wellness office. See our contact information below.
2. **Be sure to pick up your Welcome Packet on Friday, March 11.** Once you have your Welcome Packet, you may begin tracking your personal weight loss efforts. Your Welcome Packet will include an insulated lunch box with the Employee Wellness logo, Weight-Off Contract, tracking card, low-fat food finder, Employee Wellness brochure, cookbook, Benefit Options pen, Weight Watchers coupon, *Just Move!* Brochure and weight-related brochure. Here are some things to keep in mind for the next 10 weeks:
 - Call 602.771.WELL to make an appointment to get weighed once a week. Get your tracking card stamped each week and you will be entered into our weekly drawing. Keep your tracking card until the end of the challenge.

- At noon every Wednesday, drawings for great prizes will be held for individuals who participated during the previous week. We will notify winners after each drawing.
3. **Be on the lookout for weekly email messages in your In-Box with helpful information on exercise, good nutrition and weight loss tips.** You will be able to access additional resources online at www.azbenefitoptions.gov.
 4. **Attend our kickoff event on Friday, March 11.** Meet at noon in the parking lot of the ADOA building in downtown Phoenix (100 N. 15th Ave.) for the first group weigh-in and photo. **Be sure you sign in, turn in your registration form and pick up your Welcome Packet.**
 5. **Share your personal stories!** Throughout this effort, we will be highlighting some of your milestones and challenges in our Wellness publications and in the *CopperDome* employee newspaper.

Thank you for modeling healthy behaviors to your fellow employees and citizens of our great State. **For the next 10 weeks, we are going to have FUN losing weight AND you'll win just by participating!** If you have any questions or concerns, contact your Employee Wellness team by calling 602.771.WELL or send an email to wellness@azdoa.gov.

Looking forward to partnering with you for a healthier Arizona,

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